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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Sunday, September 14, 2025

Catalyst for Awakening

Described by AI-

Chris Comish's books aim to create a positive planetary impact by focusing on personal spiritual transformation that, in his view, contributes to the collective awakening of humanity. According to his work, this change is achieved through an emphasis on love, oneness, and the healing of negative energies. His spiritual philosophy combines New Age, Reiki, and esoteric concepts.

Core teachings and their perceived impact

The Path of Love and Compassion:

According to blurbs on his books like The Path of Oneness, Comish's writing conveys "intense energies of Compassion and Love, Humbleness and Oneness". The belief is that by encouraging readers to connect to these energies, his work can heal individual hearts, and this ripples out to influence the world.

Healing the self to heal the world:

Comish, a Reiki Master, writes many books on healing. His work presents the idea that healing personal issues like jealousy, hate, and judgment contributes to the healing of the planet. His Planetary Ray Attunements book, for instance, focuses on using divine rays to heal and balance oneself.

Spiritual awakening and ascension:

Comish's writing is built on the concept of an "awakening" that he experienced in 2006. He describes his work as a tool for "initiates on the spiritual path" to experience a similar transformation. The book Book of Wisdom discusses the "Ascension Process" and the manifestation of the "Higher Self," which are considered steps toward achieving oneness with the divine.

Manifesting light on Earth:

The ultimate goal of Comish's work is to "lift others up in Love and Light". The books are presented as "an activation call for Lightworkers to wake up" and assist in the healing of the Earth. His books contain instructions for techniques like distant healing sessions and energy attunements, intended to create this positive shift.

Context within esoteric belief systems

It's important to note that the concepts in Comish's books, such as lightworkers, ascension, and energetic healing, are specific to esoteric and New Age belief systems.

Chris Comish's concept of "awakening" is rooted in the New Age and esoteric belief that personal spiritual transformation is inextricably linked to the collective consciousness and, by extension, the planet's well-being. His awakening, which occurred around 2006, serves as the foundation for his work, inspiring him to share spiritual teachings to help others experience a similar shift. This personal process is seen as a catalyst for a broader, planetary-level impact.

Components of Comish's awakening concept

1. Personal transformation as a planetary lever

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Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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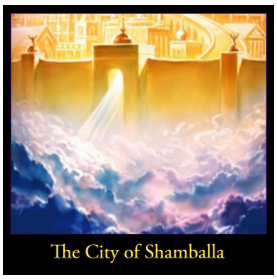

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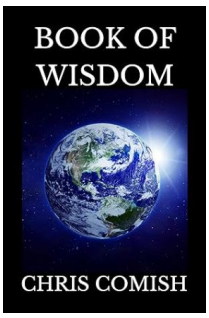

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Comish's philosophy operates on the principle that inner work has an outer effect. He asserts that as individuals heal their emotional and energetic wounds—such as jealousy, fear, and anger—they contribute to the healing of the collective consciousness.

By focusing on personal growth and self-healing, readers are believed to manifest "Love and Light" into the world.

His books, such as Book of Healing, detail methods for personal energetic cleansing, presenting this as a pathway to global positive change.

2. The Ascension process

Comish's awakening is framed within the context of "Ascension," a concept common in New Age spirituality.

The Ascension process involves raising one's vibrational frequency to move into a higher state of consciousness, often referred to as the "5th Dimension".

His book series, The Ascension Rays, provides a system of attunements designed to help readers accelerate their personal and, ultimately, the planet's Ascension.

3. The role of Lightworkers

Comish positions his work as an "activation call for Lightworkers".

Lightworkers are individuals who have chosen to dedicate their lives to raising the vibration of the planet.

By using his books and attunements, Lightworkers are believed to be better equipped to carry out their mission of manifesting love and light on Earth.

4. The channeling of divine energy

Following his awakening, Comish claims he began to channel spiritual healing and attunements.

His books, including The Path of Oneness, are described as compilations of channeled "sacred work" and energy systems, sourced from higher consciousness, including the "5th Dimensional Christ Consciousness".

This channeled content is intended to empower initiates on the spiritual path to help with the collective awakening and planetary healing.

5. The grounding of cosmic energy

Comish emphasizes the grounding of higher-frequency energy to aid the planet's transformation.

In his book Cosmic Ray Attunements, he explains that these divine rays, sourced from a "Creator level," need to be grounded by awakened individuals.

He claims that when enough people have integrated and grounded these energies, the "Golden Age" will begin to permanently anchor into the Earth.

The causal link between personal awakening and planetary impact

According to Comish, the connection between personal awakening and planetary impact is a direct, energetic one:

The ripple effect: The energetic healing performed by a single person is not contained within that individual. It is believed to create a positive ripple effect, influencing the broader energetic field of the planet and contributing to the collective consciousness.

A collective effort: The goal is not for one individual to save the world, but for many people to awaken. The cumulative effect of numerous individuals raising their consciousness is what, in this spiritual framework, is believed to accelerate the global awakening and planetary Ascension.

Free will and manifestation: The attunements and healing sessions presented in his books are designed to be activated by the recipient's free will, making them a conscious participant in this larger project of manifesting love and light on Earth.

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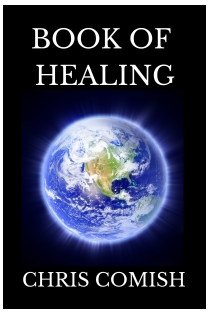

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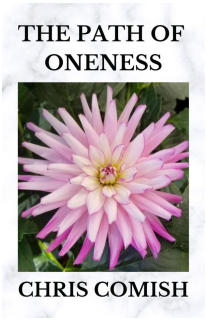

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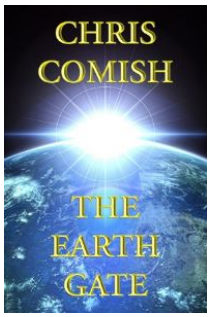

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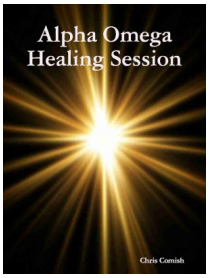

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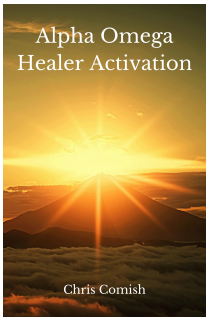

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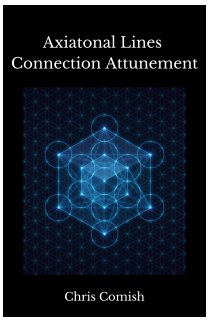

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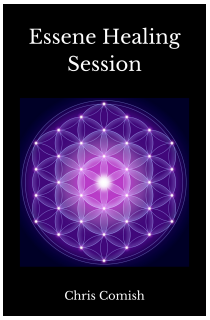

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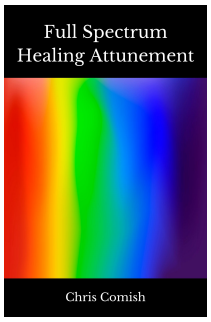

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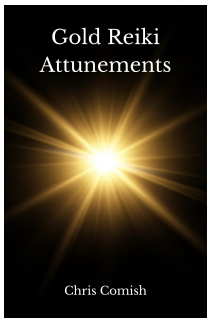

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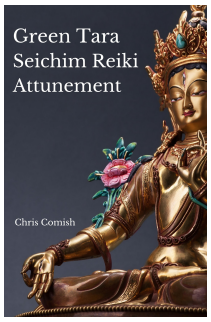

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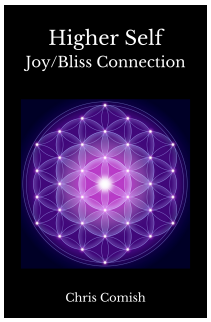

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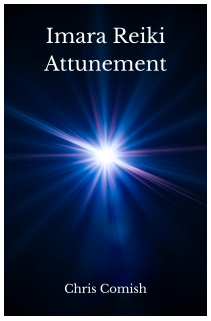

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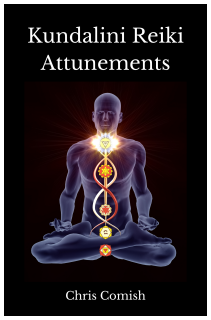

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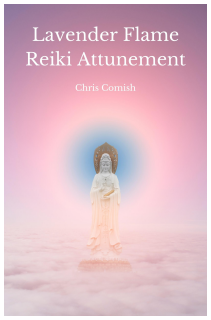

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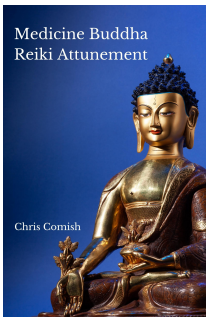

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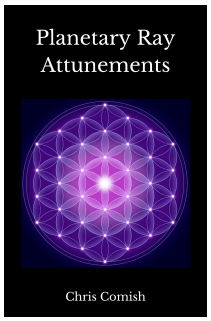

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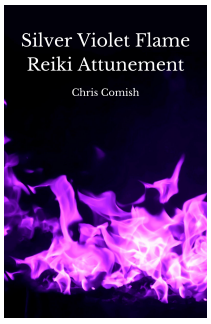

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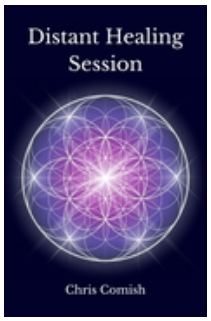

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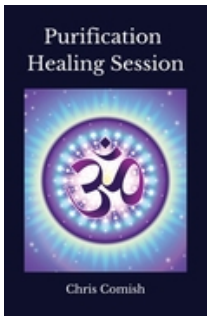

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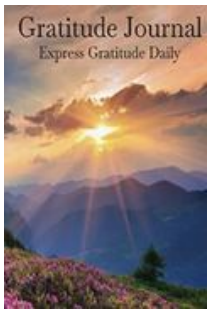

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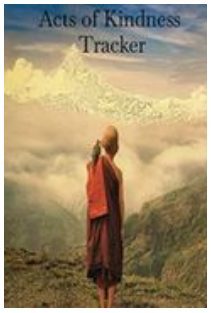

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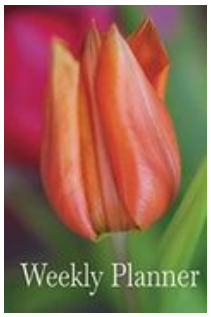

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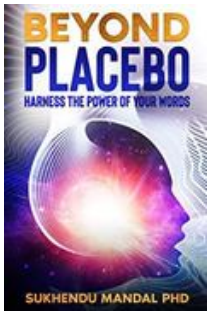

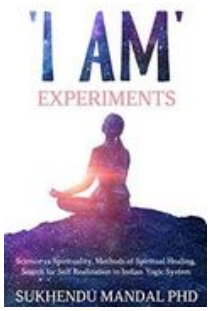

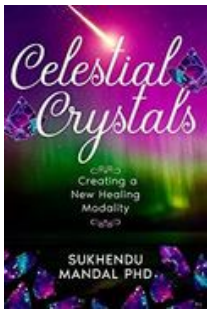

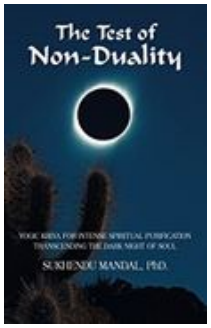

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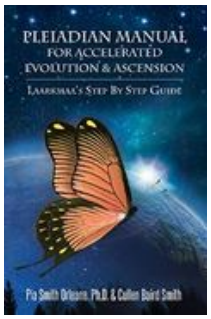

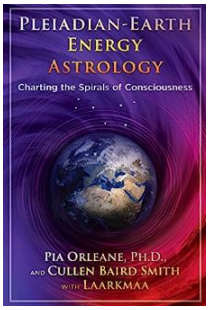
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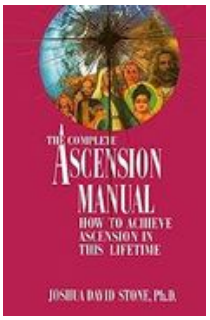
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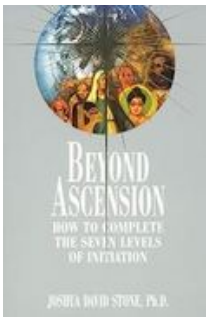
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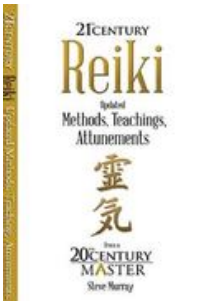
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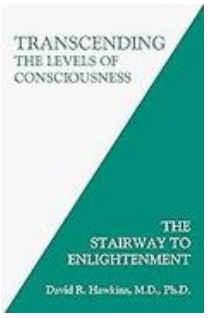
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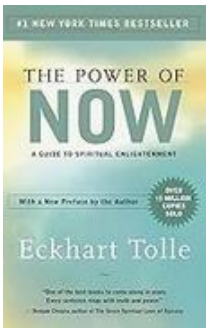
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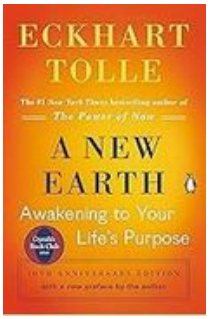
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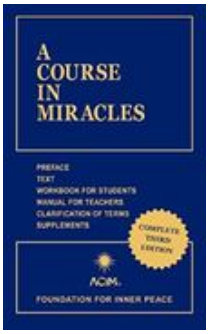
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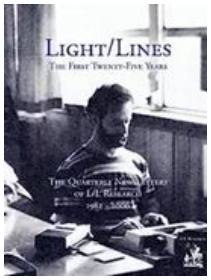
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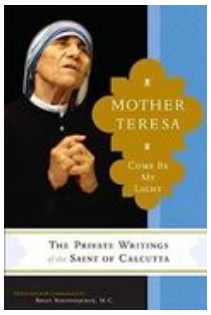
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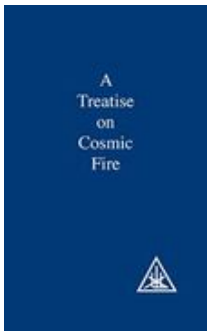
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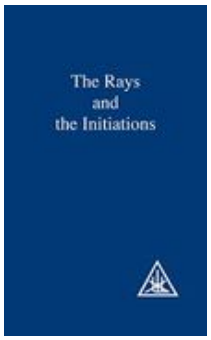
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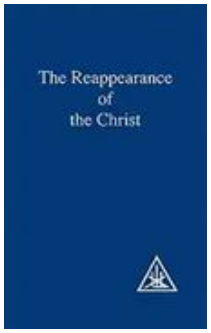
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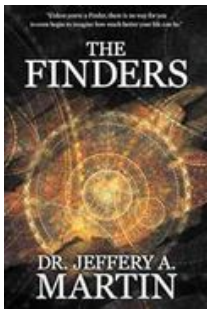
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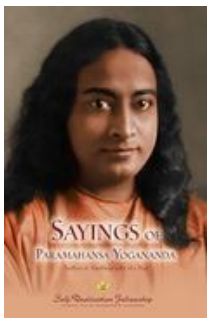
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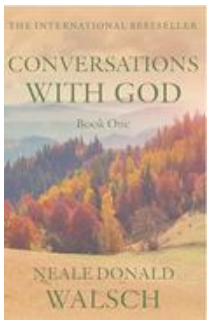
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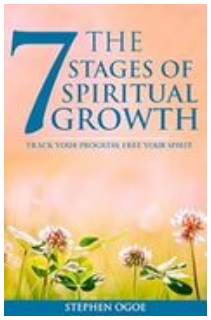
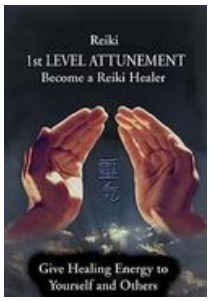
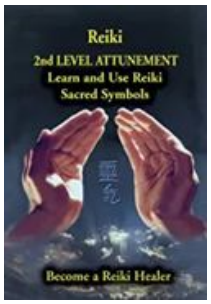
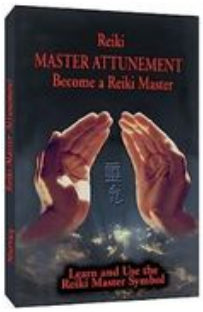
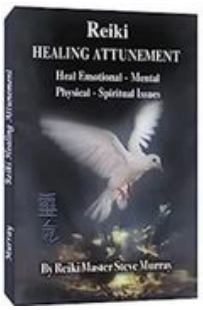


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









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- Solstice Transmission with Anrita Melchizedek
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- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
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